



# STATUS OF PHYSICAL EDUCATION AND SPORTS DEVELOPMENT IN NORTH EASTERN REGION: A CRITICAL STUDY

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## ABSTRACT

The present study observed the Status of Physical Education and Sports Development in North Eastern Region. This study is conducted on a sample of 354 officials of Directorate of Sports, Coaches, Federation officials and players from 4 states namely Arunachal Pradesh, Assam, Manipur and Nagaland. The purposive sampling technique was used to select from both the samples. The descriptive-cum-normative survey research method used for data collection using (i) Questionnaire for Officials of Directorate/Federations, Coaches and Players and (ii) Personal Interview. The study reported that the states in the North East have not implemented comprehensive sports policy. The states have drafted its sports policy but are yet to implement it in real terms which were ascertained through the interview with various individuals by the investigator. Further, the state wise analysis of the responses revealed that only the Assam Government is exercising effective control over state Olympic Associations and Sports Federations as compared to rest of the three states.

**KEYWORDS:** Physical Education, Development and North Eastern Region.

## Introduction

Education imparted through the medium of physical activities is physical education. Physical education emphasizes on physical development, good health and character for development of individual as well as defence of the country. But history mirrors that the emphasis in the past had been more on academic type of education without proper consideration of physical welfare of the youth and the students. Now physical education has established its position in the pattern of general education. Physical education is considered an integral part of general education.

The problems with the environment, in which the mankind has lived and which always had relations with, started at the end of the 18th century with the development of technology and economic development connected with it, have big differences and caused the social, economic and physical balance to corrupt.

A sport is an event of using empty times. It is natural as a result of the first human's battle, to protect themselves against nature, occupations such as running, jumping should be the start of sports. But today, it is known that sports are the most important social strengths of modern industrial communities. Because time, which is the industrial communities' enemy of activity can be turned healthy with sports. With that reason sports now isn't our times of fashion, it is a mean of health for communities. Because with sports, individuals and communities reach the happiness with the ability to move, make dialogues, learn success and unsuccessful, and progress their personality.

Modern living in urban dense and heavy pressure keeps today's people physiologically depressed. The time, which the city people spare to rest in the increasing life tempo, is going to be necessary for their physical structure. For this reason, people began to be busy with sports to be less affected from the city's dense and also physical and physiological wearing out affects and they appropriated this activity as a life style.

Physical Education is considered an integral part of the total education. As Marx maintained, total education involves the combination of intellect, physical and technical education so as to develop all – round citizens ready to work and defend their land.

## Review of Related Studies

Carlos Xavier (1976) dealt with sports prevalent in Goa, Daman and Diu, giving their historical backgrounds and their development in the state organizational structure of sports in the state. He included chapters of special interests such as school sports; inter collegiate sports, state sports council and Directorate of Sports and Cultural Affairs, Awards and Rewards etc.

Muthuraj (1977) says that there is no use in spending crores of rupees on "Catch Them Young", "Talent Finding Scheme", "Rural Sports" and appointing 'Probable Committees' for our debates in international tournaments etc., instead physical education must be made compulsory from school level and from higher secondary and collegiate level onwards, it must be made an examination subject. Students who are found proficient in games must be made to specialize in their chosen games as it is being done in the Universities of USA, USSR and East Germany and for special sports, schools and colleges may be started at least one in

each district.

The Reports of the Ministry of Education and Social Welfare (1977-78) contained salient features of the agreed physical education and sports policy in the country by making physical education and sports compulsory at the school level; providing physical facilities like play fields, stadiums, etc., where such facilities do not exist; establishing rural sports centers providing opportunities, open spaces in urban areas (if necessary by introducing suitable legislative measures); giving preference to promising sportspersons such games and sports that are popular in a particular area and are expensive and increasing the number and value of scholarships under the Sports Talent Search Scholarship Scheme.

"Physical Education and Sports in Modern Times" has been very aptly dealt by Zeigler (1989). He has given an exhaustive but concise account of the various historical strides which physical education and sports has made from ancient cultures to the present one, signifying the forces which have led to the growth of the modern scientific physical education and sports, also the meaning and importance which has come to veiled in modern day life. Sports have also been dealt separately – its status in the modern life; causes for its present day gigantic escalation; its rise to the present awesome height has very lucidly been brought out.

## Significance of the study

The findings of this study, by analysing the adequacies and inadequacies of physical education programmes and sports in the north eastern zone of India, may provide pragmatic guidelines of the development for better physical education programmes. Specific contributions of this study for the development of physical education programme would include the areas: (i) Relationship of physical education programme to the total educational programme; (ii) Fiscal management of the physical education programme; (iii) Relationship of physical education programme to the community; (iv) Provisions of facilities for physical education; (v) Administration of physical education programme and (vi) The curriculum in the physical education programme.

The geographical conditions i.e., flora and fauna of the north eastern zone of India and its barriers, lack of communications and lower stage of productive system are quite different than the other parts of the country. Occupational pattern and also to a great extent taints the same Mongoloid, Austric and Tibeto-Burmese origin which were influenced later on by the impacts of Dravidian, Aryan cultures on one side and Buddhism, Hinduism, Islam and Christianity on the other. They are now profusely influenced by western cultures even to a large extent; their social structures, economic activities, dialects, crafts, songs, music, dance and festivals show that they have large measures of talents in them. Therefore, the findings of this study may help in nurturing talented school, college and university students in sports and in improving overall health and fitness of the youth of the region through planned physical education programmes.

The study will enable efficient planning for an ideal physical education and sports development programme by the State Governments of North East India through suggesting planning more effective measures for the compulsory physical education programme; making suitable changes to curriculum to achieve the better result of physical education and sports; bringing to the knowledge of authorities about the adequacy and inadequacy of physical education and sports

facilities in schools; conducting further research in similar directions and providing measures to promote and improve the physical education and sports programmes in different States of North East India.

### Statement of the Problem

The problem of the present study is stated as "Status of Physical Education and Sports Development in North Eastern Region: A Critical Study"

### Objectives of the study

The present study is designed with the following objectives:

1. To find out the effectiveness of various policies formulated by the Central and State Governments.
2. To analyze the policies implemented by states for promotion of physical education and sports.
3. To find out the reasons for failure to popularize physical education and sports in the region.
4. To find out the attitudes of parents, heads/administrators of the Directorate of Sports and sports federations of different states.

### Research Questions

The study is designed to answer the following questions:

1. What is effectiveness of various policies formulated for physical education and sports by the central and state governments?
2. To what extent the formulated policies are implemented for the promotion of physical education and sports in educational institutions?
3. What are the causes of failure to popularize physical education and sports in educational institutions in the region?
4. What are the reasons of low level of participation among students and other sportsman in physical education and sports programmes?

### Methodology

The present study pertains to a study of physical education and sports development in North Eastern Region. Keeping in view of the nature of the study the Descriptive-cum-Normative Survey Research Method was found to be more suitable for the purpose.

### Sample

The present study was conducted on a sample of 354 officials of Directorate of Sports, Coaches, Federation officials and Players from 4 states namely Arunachal Pradesh, Assam, Manipur and Nagaland. The purposive sampling technique was used to select the samples.

**Table-1**  
**Break- up of sample**

| Category of respondents                | Arunachal Pradesh | Assam | Manipur | Nagaland | Total |
|----------------------------------------|-------------------|-------|---------|----------|-------|
| Officials of the Directorate of Sports | 8                 | 15    | 16      | 12       | 51    |
| Coaches                                | 23                | 37    | 31      | 19       | 110   |
| Officials of Sports Federations        | 8                 | 22    | 17      | 13       | 60    |
| Players                                | 29                | 43    | 37      | 24       | 133   |
| Total                                  | 68                | 117   | 101     | 68       | 354   |

### Tools Used

The data for the present study were collected using:

- (i) Questionnaire for Officials of Directorate/Federations, Coaches and Players
- (ii) Personal Interview

### Data Collection and Analysis of Data

The responses are tabulated and analysed in this Section. Every organization and government in order to achieve its aims and objectives has to plan a set of actions based on established principle in the form of policy decisions. The Government of India for promotion and development of physical education and sports, also has mooted and framed its first ever sports policy in August, 1984 by passing the resolution in both Houses of Parliament. The investigator intended to gather the information whether various state governments have implemented sports policy or to what extent the sports policy is implemented. The information is gathered from the officials of Directorate of Sports, Coaches, Officials of Sports Federations and players.

### Findings of the Study

1. It is revealed that the states in the North East have not implemented comprehensive sports policy. The states have drafted its sports policy but are yet to

implement it in real terms which were ascertained through the interview with various individuals by the investigator. Further, the state wise analysis of the responses revealed that only the Assam Government is exercising effective control over state Olympic Associations and Sports Federations as compared to rest of the three states.

2. It is revealed from the overall collected data that the majorities of the states in the North East region do not earmark or sanction clearly adequate fund for the state Olympics.
3. The sports federations in North East except Arunachal Pradesh region are being monitored for expenditure incurred by them sanctioned by the government through agencies.
4. It is revealed that except Manipur the states have not implemented Sports Quota in recruitment process to appoint meritorious sports persons in all the directorates and departments.
5. It is found that for promoting physical education and sports, except Assam the remaining states have not waived tax on sport goods which helps in promotion of physical education and sports in the region.
6. As a whole the role of media and coverage of sports events were found to be satisfactory in the region but state comparison showed that Manipur and Arunachal Pradesh are lagging behind in this regard.
7. It is revealed that except the state of Arunachal Pradesh none of the three states in the region included in the study has a state funded model sports school or centre for higher level of training and preparation of sport persons. Arunachal Pradesh has started model school/ centre renamed as Sangey Lhaden Sports Academy which has produced number of international sports persons who won medal for the country.
8. It is found that the states under investigation do not have any comprehensive special scheme to enhance and promote health and fitness among the students. In addition there is no provision of financial security such as pension scheme for former players post retirement. It is also noticed from the analysis that the states do not have or kept any provision of accident insurance or security in the event of accidents or loss of life of a sports person.
9. Except Arunachal Pradesh, the remaining 3 state are found to have kept provision of incentives and awards for outstanding coaches in their respective states.
10. It is observed that the states under investigation do not have any agency or mechanism to prevent doping by sportspersons.
11. A total 273 (77.12%) out of 354 respondents opined that the physical education and sports be made compulsory part of schools and Colleges curriculum.
12. It is revealed that the majority of the states except Arunachal Pradesh have a scheme for promotion of indigenous games and sports.
13. Most of the respondents (69.21%) of all the states under investigation revealed that the funds earmarked for the sports infrastructure by their states are not adequate.
14. The state wise analysis and comparison of the responses reveals that all the states under investigation do not have provision of law for protection of playgrounds.
15. The respondents pertaining to Category-II i.e. the official of Department of Sports and sports Federations and players reported that the well qualified sports staffs are not appointed by the state which usually hampers the development of physical education and sports in their states.
16. A total 227 (64.12%) out of 354 respondents from the states under investigation revealed that their state governments do not earmarks sufficient financial support for promotion of physical education and sports at schools, colleges and universities. Overall states comparison showed that except Manipur, remaining states do not clearly earmark funds for promotion of physical education and sports. Further, the grants provided by the Central Government for various schemes are not sufficient to implement them fully for promotion of physical education and sports in their states. However, state wise comparison of the data revealed that the majority of the respondents from Manipur were satisfied with the amount sanctioned for various schemes for promotion of physical education and sports by Govt. of India whereas it was contrary in the remaining three states.
17. The physical education personnel, Officers, Coaches and Players of Assam and Manipur were found to attend training/refresher courses regularly than that of Arunachal and Nagaland.

18. It was found that only the Sports Journalists in the state of Assam were given accreditation and proper facilities for coverage of sport events by state government as compared to the rest of the states under study.
19. The development of physical education and sports depends on identifying the potential sports persons but from the analysis of data ; it is found that Scheme of Sports Talent Search is available only in the states of Assam and Manipur and not in other two states.
20. Out of 354 respondents a total of 288 (81.36%) from the states under investigation revealed that their states do not have any sports medicine centre for treatment of players or imparting training on prevention of injuries and rehabilitation of players.
21. It is found that a total of 252(71.19%) out of 354 respondents from the states under investigation informed that their states do not have a well-equipped library to impart and enhance the knowledge of sports, physical education, health and nutrition among the readers of their state.
22. All the states under study are found to have created an adventure cell to promote adventure sports by adding the elements of thrill and joy to inculcate character, enthusiasm and cooperative values among the young generation.
23. As many as 86.44% of the respondents under investigation revealed that their states do not have any kind of scheme or provision of career assurance scheme for students of physical education, players and coaches etc. has been substantiated on state wise analysis and comparison of the responses of the states.
24. As many as 82.77% of the respondents from all the states under investigation opined that physical education and sports may be helpful in curbing the menace of drug addiction, HIV, alcoholism, terrorism, child delinquency etc.
25. The private schools all the four states are not found to have earmarked adequate fund for promotion of physical education and sports and giving importance in curriculum and activities to be organized in their institutions.
26. The provision of minimum rate of Daily Allowance for daily extra dietary requirements to make up the calories loss due to vigorous physical activities performed by students, players and coaches etc. was found in the states of Assam and Manipur but not sufficiently in other two states i.e. Arunachal Pradesh and Nagaland.
27. Universities and colleges in Assam and Manipur are found to have established department of Physical Education and Sports offering Degree and Master's degree courses but not in other two states.
28. Scheme for rural youth namely i.e. 'Panchayati Yuva Krida Aur Khel Abhiyan' (PYKKA) initiated by Central Government is found to be implemented successfully in Manipur and Nagaland but not in Assam and Arunachal Pradesh.
29. Assam and Manipur states are found to have good number of sponsorship from corporate giants and other public sector-undertakings which help in promoting the physical education and sports, but the same is found absent in Arunachal Pradesh and Nagaland.
30. It was reported in general by all the respondents that Departments of physical education and sports are not found to work collectively for promotion of physical education and sports among students in schools and colleges on regular basis but occasionally the competitions and activities are organized and forgotten for rest of the period in a year.
31. The state wise analysis and comparison of responses it was found that the functioning of SAI in Manipur and Nagaland was satisfactory than that of Assam and Arunachal Pradesh.
32. As many as 276 (77.97%) out of 354 respondents of category of all the four states opined that the sports federations should be headed by a sportspersons for they are involved whole heartedly with the sports activities for institutional effective functioning.
33. From the field visit and the findings of the study it is found that the states of Assam and Manipur have synthetic athletic track for all-weather competitions.
34. It was revealed that mismanagement of fund was reported in the field of Sports and physical Education in the region which if removed the status of physical education and sports will certainly improve in general. The well planned programmes with deserving selected persons and their proper training will reduce the wastage of funds in physical education.
35. Except in the state of Arunachal Pradesh and Nagaland the two states pro-

vide OTA or other compensation for the work beyond the normal duty hours to sports personnel.

36. It is revealed from the data that Assam and Manipur immediately use to take advantage by tracing the schemes on time announced by the Governments whereas the other two remain behind in this aspect.

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